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Author and original designer of the OneLife Basic Nutrition System (BNS-2D): Carlos Daniel Borrego Romero.

ANNEX A – Anticipated Benefits of Implementing the OneLife Basic Nutrition System (BNS-2D)

A.1. Purpose of this Annex

This Annex summarizes the expected health, economic and systemic benefits of implementing the OneLife Basic Nutrition System (BNS-2D) at scale.

It is intended to support governments, United Nations agencies, civil-society organizations and responsible private-sector partners in decision-making and resource mobilization for large-scale adoption.

Implementing partners are encouraged to conduct comparative effectiveness and cost-effectiveness analyses of OneLife relative to existing supplementary and therapeutic foods under programmatic conditions.

A.2. Public health impact

1. Reduction of undernutrition and “hidden hunger”.

- By delivering adequate energy, high-quality plant-based protein, dietary fiber and the full range of essential micronutrients, OneLife directly addresses major drivers of undernutrition, micronutrient deficiencies and diet-related fatigue.
- Large-scale provision of such a daily nutritional core can be expected to contribute to reductions in anemia, stunting, impaired cognitive development and related morbidity in vulnerable populations.

2. Prevention of diet-related noncommunicable diseases (NCDs).

- The OneLife formulation prioritizes whole grains, pulses and unsaturated fats, aligning with dietary patterns associated with lower risk of obesity, type 2 diabetes and cardiovascular disease.
- Embedding this formulation into safety-net programs, school feeding and humanitarian responses supports healthier life-course trajectories rather than short-term caloric relief alone.

3. Improved physical and cognitive performance.

- Regular access to a nutritionally complete daily core can improve school attendance and performance, work capacity and recovery from illness or injury.

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- For children and adolescents, an adequate and predictable nutrient supply is particularly important for brain development, learning outcomes and long-term human capital formation.

A.3. Economic and fiscal benefits

1. Reduced healthcare expenditures.

- Integrating robust nutrition into public health strategies reduces the incidence of diet-related diseases and associated healthcare costs, particularly when focused on prevention.
- By lowering the burden of both undernutrition and NCDs, OneLife can contribute to more sustainable health-care systems that spend less on treating preventable conditions and more on essential services.

2. Higher productivity and economic participation.

- Better nutritional status is linked to increased labor productivity, fewer sick days and improved earnings potential, especially in low-income and food-insecure populations.
- In humanitarian and post-crisis settings, rapid restoration of basic nutritional adequacy accelerates the transition from dependency to recovery and economic reintegration.

3. Favorable cost-effectiveness profile.

- Standardized nutrition packages that use staple crops and shared quality standards can achieve low unit costs, particularly as production volumes and regional capacity increase.
- OneLife is designed to leverage economies of scale, local ingredient sourcing and simplified quality assurance to deliver high impact per unit of investment.

A.4. Operational and logistical advantages

1. Standardization with local flexibility.

- OneLife defines a single global nutritional standard while allowing regional adaptation of ingredients, which simplifies procurement, quality control and monitoring across countries and implementing partners.
- This balance between a unified “core logic” and local crop use enables coherent global planning without sacrificing local relevance.

2. Multiple equivalent delivery forms (powder and bar).

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- Nutritionally equivalent powder and bar presentations allow implementers to match product form to context: powder where safe water is available, and bars where water access is limited or logistics require ultra-compact formats.
- This dual-form design reduces the need to redesign nutrition strategies for different emergencies or geographies, improving readiness and speed of deployment.

3. Compatibility with existing systems and programs.

- OneLife can be integrated into existing platforms such as school feeding, social protection schemes, antenatal care and humanitarian rations, rather than requiring entirely new delivery channels.
- It provides a clear benchmark that procurement agencies, NGOs and producers can use to align products and services, reducing fragmentation and duplication.

A.5. Food systems and environmental co-benefits

1. Support for sustainable staple-based diets.

- By prioritizing cereals, pulses and plant-based oils, OneLife is compatible with dietary shifts that can simultaneously improve health and reduce environmental footprints.
- Increased demand for such crops can promote more diverse, resilient and climate-smart agricultural systems at regional and national level.

2. Alignment with food systems transformation agendas.

- The protocol connects agricultural production, food processing, nutrition programming and social protection through a single, coherent standard.
- This integrated design can help countries operationalize food systems commitments related to hunger reduction, climate goals and rural development.

By promoting sustainable staple-based diets and climate-smart sourcing of raw materials, OneLife can support broader One Health agendas that link human nutrition with environmental and animal health.

A.6. Governance, partnerships and accountability

1. Platform for responsible public-private partnerships.

- OneLife explicitly defines how governments, civil-society organizations and responsible private-sector partners can collaborate under clear technical and ethical conditions.

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- Requirements for nutritional equivalence, quality control and transparency create guardrails within which private actors can contribute production capacity, innovation and logistics without compromising public health objectives.

2. Clear roles and shared standards.

- The protocol assigns distinct responsibilities for production, distribution, reporting and impact assessment to different categories of actors, reducing ambiguity and potential conflicts.
- Shared technical standards simplify contracting, certification and cross-country collaboration, and facilitate independent evaluation by academia and civil society.

3. Strengthened monitoring and accountability.

Provisions for certified nutrient profiles, regular reporting and impact documentation support systematic monitoring of coverage, quality and outcomes.

Such mechanisms enable early detection of implementation problems, support continuous improvement and build trust among beneficiaries, funders and the public.

A.7. Political and ethical rationale

1. Operationalizing the right to adequate food.

- OneLife translates the right to adequate food into a concrete, measurable daily standard that can be progressively realized and monitored across countries and population groups.
- It offers a practical reference for defining minimum nutritional entitlements within social protection and humanitarian frameworks.

2. Low-regret investment with high social returns.

- Given the strong and well-documented links between improved nutrition and gains in health, education, productivity and equity, investing in a robust global minimum nutrition standard represents a low-regret policy choice.
- The combination of proven building blocks (staple-based diets, fortification, large-scale nutrition programs, structured partnerships) with clear governance provisions enhances the likelihood of success and political acceptability.

A.8. Implementation pathways and phased adoption

Phased national adoption. Countries may initially introduce OneLife within selected platforms such as school feeding, targeted social protection or specific humanitarian operations, and subsequently expand coverage as evidence, capacity and resources allow.

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Complementarity with existing interventions. OneLife is designed to operate alongside existing therapeutic and supplementary nutrition products and large-scale food fortification programs, providing a coherent daily nutritional core rather than a replacement for all other interventions.

Continuous learning and adaptation. Implementation should be accompanied by monitoring, evaluation and learning processes that allow adjustments to programme design, delivery mechanisms and product specifications while preserving the core nutritional standard.

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